

SHAC COMMITTEE

MEETING NOTES

December 12, 2023 / 3:30- 4:30 PM

WELCOME

- Karen Graves, Director of Administrative Services

M-COPE REVIEW

- Rebecca Masciola shared material and pamphlets she gathered from the program at THS. There is a lot of information available from day treatment to recovery, including information relating to disposal of prescription drugs
- Steven Shiels shared that the TISD presentation was balanced and effective for both students and teachers; they were impacted emotionally; turnout was good (around 80 parents attended); March 26 will be a mental health fair with vendors
- Member Jennifer said her daughter went and said it was so impactful and real and felt it was totally worth it
- Plans to have this at TMHS and for Star Academy? Yes, hopefully this year
- Member Monique said grades 11/12 were able to attend it at Lonestar college
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SUB-COMMITTEE UPDATES

- **Mental Health Committee**
- Rebecca sent an email about ideas on how to make the SHAC page more accessible and available. Suggested Fort Bend ISD as a model. Members could possibly meet outside of meeting time with web staff to navigate options
- **Recess**
- Beth had the opportunity to attend Principal Partners at Oakcrest Intermediate. She was able to see the recess/outdoor time combined with lunch time and

thought it was an appropriate time allotted. Her question- is recess time and outdoor area accounted for in the new schools? Also is it possible to write that into the wellness plan for intermediate schools, not just elementary?

- **Late Start Times**

- David reiterated the importance of mental and physical benefits to later start times but also acknowledged challenges such as transportation. He still wants to consider it especially for older students.
- Karen suggested to maybe at least start the conversation about the topic, encourage incremental steps and stress how important sleep is, during the process
- Monique brought up the controversial idea of moving to a 4-day school week - Said some districts in other states are doing so- taking either a Monday or a Wednesday off. Karen mentioned some legislative discussion. Another member said her autistic nephew does a 4-day week and it is a huge struggle. Someone else mentioned that many work places are already moving to a 4-day work week and asked if many more would follow suit if schools did? Another comment brought up other issues like increased crime, if older kids were home alone/ bored/finding trouble with an additional day off.
- David said he will look into other Texas districts that already have later start times and see what they are doing and how it is working.

RESTRICTED HEALTH CONTENT MODULES

- Bob Thompson presented the district's Opt-In numbers on slide. Total is 1887 (as of 12/8/23) some example number breakdown: THS 598/ TMHS 610/ TSA 124

These were parents that chose to opt-in their student via HAC (versus the previous way to opt-out). This information is presented separately from other material sent to parents. They must do this every year for each student. He said the most comments and questions he received were about how to access HAC, like how to login/password issues; not about the content. He acknowledged that

the district knew the opt-in requirement would not get numbers as large as when it was the reverse. Currently, numbers appear to be around 30% of class totals. Trying to encourage parents to login and know how to access HAC will give better overall numbers and participation. Also noted was that many of the older grades have already had the instruction in health in previous years compared to the lower grades which explains the difference in the grade level discrepancies.

The question was asked: how can we reach out to those who have not chosen opt-in to remind them? Can there be more advertising and advocating to let them know they must opt-in?

CELL PHONE POLICY DISCUSSION

- Rebecca mentioned that Conroe ISD has restricted cell phone use, and it is a nightmare. This is not an easy topic. She has some material if anyone is interested.

PARENT UNIVERSITY OPPORTUNITY

- A district wide community engagement. How do we promote? Steven hiels said there is a district initiative that involves all departments. In January there will be a College 101 that targets grades 11 and 12. Also on the 18th discussions on mental health with a focus on anxiety and Tomball PD discussion about drug trends and child disabilities.
- February will have a topic about nutrition. The attendance at these do vary, so it helps if we get the word out. Rebecca suggested an awareness piece "Did you know?" to keep pushing information to parents, focusing on true info versus negativity. How does SHAC promote these ideas and information?

DISTRICT UPDATES

- Cathy Pool, Director of Health Services: She stressed the importance of washing hands as we are in the middle of cold and flu season. Also starting to promote the Fun Run on April 13 with a focus on wellness and TISD moves, they are looking for vendors for the event.
- Kevin Flanigan, Athletics Director: Said all teams are doing very well in the athletics department. TMHS volleyball #8, football is finished with both high school teams playing well, currency going on is basketball, swimming, and many others. The athletes' academics are very high as well, which makes everyone very proud.
- Whitney Johnson, Child Nutrition Director: The department is still seeking staff members, with 19 openings. At the recent job fair they offered 5 positions which was great. They are aware of the small milk carton shortage (yet to reach TX) but they are prepared with alternatives and plan in place. The meal plan is 10% lower in sodium.

CLOSING MEETING

- Next meeting is set for February 13, 2024
- Meeting closed at 4:28pm